

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a retired teacher, living in a rural area with limited access to a wide variety of foods. I have been using Hemp Hearts for about 2 years. They (Hemp Hearts) have become an integral part of almost every breakfast.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am an active person, spend as much time as possible outside biking and climbing. I have been eating HH's for about 10 yrs.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 32 years old, am female, a teacher and a fairly active individual. I have Celiac Disease and am very cautious about my diet. I have been eating Hemp Hearts for 2 years.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I HAVE BEEN A VEGETARIAN FOR 2 YEARS AND I HAVE BEEN USING HH FOR ABOUT 4 YEARS. I HAVE LOST 60 LBS IN THE PAST 24 MONTHS. 50018

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IT HAS BEEN AN EXCELLENT SOURCE OF PROTEIN, OMEGA FATS (3, 6, 9) AND GIVES ME A GREAT BOOST OF ENERGY SO MUCH SO, THAT I HAVE REPLACED ~~THE~~ SOME OF MY SUPPLEMENTS WITH THIS FRESH SOURCE. I HAVE BEEN USING HEMP HEARTS FOR ABOUT 2 MONTHS - GOOD RESULTS BY 2 WEEKS

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Please describe yourself and the length of time that you have been using Hemp Hearts:

Have been using Hemp Hearts for more than 3 years. I train for marathon & commute cycling

Please describe any internal changes experienced relative to pain and tissue inflammation:

I have a joint condition called Ankylosing Spondylitis, and in order to keep the pain from being totally paralyzing, I have to have a very specific diet. I have found that hemp hearts have helped me to get all the vitamins & nutrients one requires, but also, that there is seemingly no downside to eating them.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 61 years old, very knowledgeable about health, and know that protein is the most important nutrient for the body. If the body is getting the right sources of protein & essential fats it will help it function at optimal levels. I have been consuming these particular hearts for several years & will continue providing my body with what it needs to function properly.